

August 8, 2003

Mr. Kenneth Green, Principal
Booker T. Washington PCS
1346 Florida Avenue, NW
Washington, DC 20009

Dear Mr. Green:

We want to thank you and your staff for the effort and cooperation provided to gather the necessary information to complete the nutritional analysis of your school menu. The purpose of this School Meal Initiative (SMI) review is to measure the progress you have made in providing healthy meals that meet the USDA nutrition goals for the School Breakfast and National School Lunch Programs (7 CFR 210.10).

The SMI review includes checking for compliance with the meal pattern; completeness of production records; and a detailed computerized nutrient analysis of the meals you serve. It is expected that the nutrient content of your menus averaged over the course of a week be in compliance with the nutrient standards USDA has established. The assessment was made for the Traditional Meal Pattern with the nutrient standards established for grades 4 through 12.

Key highlights from your review:

- Adequate documentation was available in the form of nutrition facts labels, and recipes to complete the analysis.
- Your lunch menu has good variety during the week.

Based on the documentation you provided, the analysis for the week of review indicates your menus are significantly elevated in total and saturated fats; and high in total Calories. The attached nutrition profile shows you the results of the menu analysis, and a comparison of the nutritional analysis with the USDA nutrition standards. The USDA regulations do not have specific standards for cholesterol, fiber, or sodium, but do require that over time cholesterol and sodium are lowered and fiber is increased. Future SMI reviews of your menus will evaluate these three nutrients.

The following Plan of Action reports on the observations of the review and provides recommendations for modifications to enhance your record keeping, to improve the nutrition profile of your menus, and to ensure regulatory compliance. Since you have your meals vended from Graceful Affairs, you will need to coordinate with them to make any necessary changes.

<p align="center">Plan of Action Meal Pattern and Nutrition Standards Compliance</p>	
Observations/Finding	Recommendations
<p>Production records were kept for the week of review, but did not list varieties of items used, such as fruit, juice, dressing, etc.</p> <p>Appropriate portion sizes were not recorded for fruits and vegetables.</p> <p>It is a requirement of the federal regulations (7CFR 210.10 (a)(3)) to maintain daily production records.</p>	<ul style="list-style-type: none"> ♦ Production records with planned numbers must be kept. All menu items, including varieties of milk and all condiments need to be recorded with planned, served and leftover numbers recorded. The planned number reflects an estimate of how much of each menu item is expected to be taken – if only 50 students out of 100 are expected to take mayonnaise for a sandwich, then that is the planned number that should be recorded. ♦ Portion sizes for fruits and vegetables must be recorded in volume measurements to be able to assess whether meal pattern requirement (i.e. $\frac{3}{4}$ cup total) is met. Weight measures are acceptable for the analysis.
<p>Total Fat (TF): The combined analysis of breakfast and lunch shows TF at 44.00%. TF should be at or below 30.00%.</p> <p>Saturated Fat (SF): The combined analysis of breakfast and lunch showed SF at 16.88%. SF should be at or below 10.00%</p>	<ul style="list-style-type: none"> ♦ Offer 1% white and chocolate milks, which are lower in fat than whole milk. <p>Breakfast</p> <ul style="list-style-type: none"> ♦ Serve sausage and bacon items less frequently. Always use the extra lean turkey products. Try Canadian ham as another lower fat meat product for variety. ♦ Reduce meat portion to 2 oz total. ♦ Offer more grain based breakfast items. ♦ Choose a lower fat biscuit to serve at breakfast. <p>Lunch</p> <ul style="list-style-type: none"> ♦ Select a lower fat pizza. Use one with no meat, or with low fat turkey pepperoni. ♦ Use low fat or nonfat salad dressings and sour cream. These items add significant amounts of fat to the menu, especially when served on multiple days in a week. ♦ Select a lower fat meatball product, or make meatballs from lean ground beef. Modify <i>Meatball in Light Sauce</i> recipe to use less margarine.

Total fat (TF) and Saturate Fat (SF) continued:	<ul style="list-style-type: none">♦ Bake fish instead of frying. The combination of fried fish and macaroni & cheese on the same day adds up to a great deal of fat.♦ Add larger portions of fruits and vegetables (without added fat), as well as more grain products such as graham crackers and other assorted crackers, grain-based low fat desserts, and larger portions of rice to help decrease fat and maintain calories.
Total Calories: 819 Calories are 112% of the target of 733 for this age range.	The increasing trend of obesity in our children requires excess calories offered to children should be avoided. Making the recommended changes for reducing the fat content of your menus will also reduce the total calories.
Only one type of milk served at lunch. Federal regulations (7CFR 210.10 (m) (1) requires a variety of milk be served.	Serve an assortment of 1% white milk, 1% chocolate milk, or nonfat milk at lunch.

These types of changes will help you meet the nutrition standards with all your menu planning efforts. Review the enclosed handout *Tips on Menu Modifications for Healthy School Meals* for further menu planning information. If you have any questions regarding your SMI review, please contact the State Education Office at 727-6436, or Linda Rider or Nicole Carmichael at CN Resource, 1-888-546-3273.

Sincerely,

Dr. Cynthia Bell
State Director

cc: Iris Baker, Administrative Assistant